



## ***Chief of Staff Captain Tim Giardina***

SEVENTH Fleet Friends and Family,

It seems amazing that I've been here for almost four months already. The pace that SEVENTH Fleet and the Flagship sustains is quite remarkable, and it is truly a wonder to see how quickly the time has gone by. Thanksgiving is just passed, and the Christmas holiday season is just around the corner. I know that one of the things I am thankful for is the great professional opportunity I have to serve alongside the great men and women of the SEVENTH Fleet staff. As a submariner, I had only limited exposure to many of the enlisted ratings and officer communities that we have on the staff. I continue to be impressed that regardless of community or professional background, the entire Navy is made up of exceptional professionals. That has certainly been confirmed for me by watching our staff in action in a broad variety of settings.

With the passing of Thanksgiving, it means that the holiday season is upon us in earnest. Regardless of whether we celebrate Christmas, Kwanzaa, Chanukah, or something else this time of year, it is a good time for all of us to re-establish ties with our family and friends and to reflect on the good things we have in this world. Missy and I wish everyone in the extended SEVENTH Fleet family all the best during this holiday season. We look forward to seeing everyone at the BLUE RIDGE/SEVENTH Fleet party on the 21st of December. If we don't see you there, or otherwise during the season, please accept our good wishes for the holidays and the New Year. I have been blessed by your extraordinary support of the staff since I arrived, and I look forward to an even more successful 2004.

Warmest Regards,  
Tim Giardina



## ***Seventh Fleet Master Chief Ashley Smith***

What a truly wonderful family time of year, Thanksgiving. It is a blessing that the SEVENTHFLEET team and their families were able to spend this holiday together! Although the BLUE RIDGE and SEVENTHFLEET Team have spent some time at home we will soon be underway again for a short period. Don't forget the two Holiday parties coming this month for the adults at the Officers Club and the Children on board the ship. As the Christmas holiday season approaches we all need to remember Safety in our homes and while we travel, as in past years a lot of our Sailors and their families return to the U.S and other countries. Remember if you are traveling to a country outside of the U.S. check to see what precautions are necessary. Allow yourself plenty of time both in the air and while you drive as there are a lot of people traveling at that time and you can't forget the ever changing weather that comes with this time of year. I've been out of the area going to numerous conferences over the last month and I sure am looking forward to getting home in time to spend Christmas with both my Family and our SEVENTH Fleet family!

I could go on forever but I'll stop for now, enjoy the Holidays and take time to get together with all of us at both of the parties. The Holidays can also be hard on some that are away from home so if you need help or someone to talk call us, we are all here for you.

Ashley Smith  
Command Master Chief  
Commander Seventh Fleet



## Seventh Fleet Chaplain CDR William Perdue

“It was the best of times, it was the worst of times. . . It was the spring of hope, it was the winter of despair.” How did the 19<sup>th</sup> century Charles Dickens know so much about our modern day holiday season? His words describe precisely what the Christmas season will be for many people this year. The holidays bring the joy of family togetherness, wonderful sights, sounds and smells, carols, desserts, gifts, love and sharing. But for many of us the holidays will also bring stress, fatigue, economic pressure, increased alcohol consumption, disappointment and worry. For a few the holidays will bring a dark cloud of abuse, family violence and self-destruction. People who have been recently divorced, just moved, or suffered the death of a family member are particularly susceptible to the stresses of the holidays.

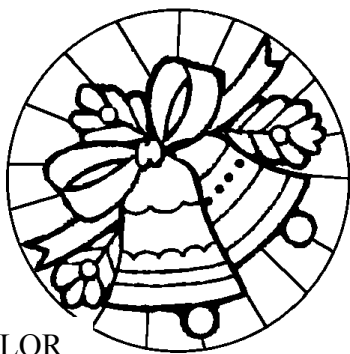
As the holidays near and you are feeling a bit overwhelmed, or extra tired, or lethargic, or if you have difficulty sleeping or eating, here is what I want you to do.

- 1) **Get exercise.** Take a brisk walk or jog. Burn some calories and get the heart pumping. It’s hard to identify anything more important to fight holiday stress. Aerobic exercise reduces the stress chemicals in the body and clears the mind.
- 2) **Talk to a friend** or family member about your feelings. Consider writing down your thoughts in a journal. Holding your feelings in will only increase your stress.
- 3) **Help someone.** Take your focus off of yourself by helping someone with their problems. Get involved in Chapel or community activities. Learn to accept what you cannot change.
- 4) **Get plenty of rest.** Keep the cycle of work, exercise, play and rest steady.
- 5) **Eat nutritional food.** If you feel yourself sinking, then go easy on the eggnog and other holiday delights.
- 6) **Don’t forget to pray.** Prayer puts you in contact with the one who created the holidays in the first place. Of course, if the holiday stress becomes too great, then contact your chaplain, your mental health professional or your doctor.

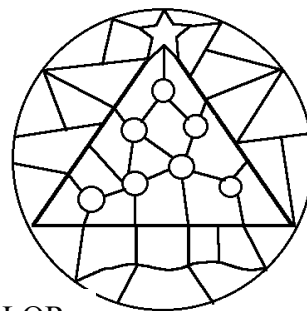
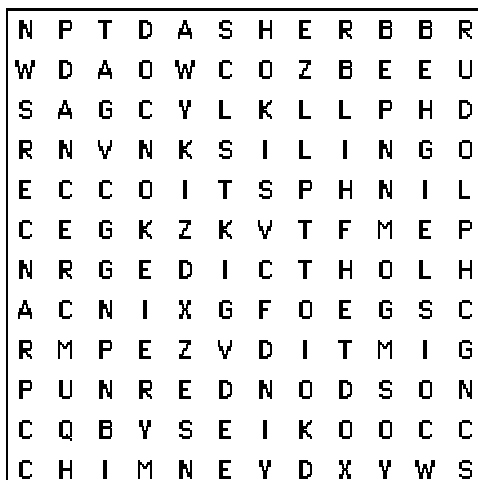
Don’t let your holiday season be robbed of joy this year. Merry Christmas and a happy new year to us all.

## KID’S CORNER!

### Santa Trip



COLOR  
ME



COLOR  
ME

BELLS	DANCER	PRANCER
BLITZEN	DASHER	RUDOLPH
CHIMNEY	DONDER	SLEIGH
COMET	NIGHT	STOCKING
COOKIES	PACK	TOYS
CUPID	PIPE	VIXEN